Self-Management During COVID-19
Guidance #7

Updated November 5, 2020

➢ **Please note that SMRC has a new address:** P.O. Box 219, Aptos, CA 95001 USA

➢ **This guidance is an addendum to the previous guidance.**

➢ **There are updates about programs and manuals**

- The following Tool Kits and Scripts are now available: CDSMP English and Spanish, Diabetes English and Spanish, Pain English. Tool Kits can be ordered by contacting Emily at Bull Publishing: Emily Sewell emily@bullpub.com.

- Phone scripts for the Tool Kits may be requested by emailing
  manuals@selfmanagementresource.com
  Please be sure to tell us what scripts and what language you are requesting.

- Remember that we expect everyone to be using the 2020 CDSMP starting in January 2021. This includes using the 2020 edition of *Living a Healthy Life with Chronic Conditions.*

- We hope to have a 2021 update of Tomando ready in February of 2021, along with an updated *Tomando Control de su Salud* book.

- We will have an updated English Chronic Pain Self-Management Program in early spring 2021 along with an updated *Living a Healthy Life with Chronic Pain*. Spanish program will follow but probably not before the end of the year.

- There is no update to Diabetes as this was done a couple of years ago. The workshop Overview/Homework handout has the 2020 book page numbers. Page numbers in the manuals need to be changed manually from the homework sheet. This handout may be downloaded from our website at this link:
  https://www.selfmanagementresource.com/resources/workshop-overview-and-homework-handouts/

Participant Virtual Workshops

- Participant virtual workshops should be 8-12 people, but we will allow a minimum of 6. Less that 8 could negatively affect the group process/interaction.

- All participants must come from geographic areas served by your licensed agency, or in the case of umbrella licenses, those agencies named on your license.

- You may have up to two participants in each workshop from outside your "territory" but cannot charge for these people except for materials.

CDSMP Update Training for Master Trainers and Leaders

SMRC will continue to offer 2020 CDSMP Update training into the first part of the new year. We will announce when the last of these trainings will be offered so you have an opportunity to complete this and start using only the 2020 CDSMP. Master Trainers must take this update training from SMRC through the webinar. Leaders may also take this webinar but may also be updated virtually by Master Trainers who have completed their additional certification to train leaders using the virtual platform.

Virtual Leader Training

SMRC is will continue to offer virtual leader trainings as demand requires. We have also now updated about 60 Master Trainers to offer virtual Leader training.   If you wish to offer virtual Leader training but are missing a Master Trainer, let SMRC know and we will try to find one for you.   If you only have a couple of people who need Leader training or have a couple of spots (no more than two) in your Leader training, let Linda know and she will try to do matching. linda@selfmanagementresource.com

- We will offer virtual certification trainings for **activ**e Master Trainers in the new year. We will post the details to the list serves and the website training calendar as these become available.

- To register for the virtual certification webinar, you must be an **active** MT and have facilitated at least one virtual workshop.

- For the very few of you who attended master training in the past 12 months but not facilitated a workshop, you must complete two virtual workshops before you take the MT virtual certification webinar and return your certification form to SMRC.

- Once you have taken the certification update, you can train new virtual Leaders, cross-train and update active Leader virtually.

What does virtual Leader training look like?

- The training is 7 weeks. Week one is Session 0.   Weeks 2-7 have two 2.5-hour sessions a week.

- The first session each week is a regular participant workshop and the second session is all the "hats on" activities such as how do you do this, questions, scenarios, and practice teaches.

- **Leader trainings are limited to 12 people.** There is a Master Trainer manual for vCDSMP Leader training which you will be given as part of the virtual certification webinar.

Who can we train?

- New Leaders who will facilitate the virtual workshop for your organization.

- If you have an umbrella license, Leaders for any organization named on your license.

Can we train people from other organizations?

- You may have no more than **two people** from other organizations in any one training.

- You are responsible for finding out if they come from actively licensed organizations. (Ask to see their current license).

- If you charge more than $75.00, you must notify SMRC and remit 25% of the fee to SMRC.

- If another organization asks you to train for them, as in the past, contact SMRC. **Do not make any commitment to train without contacting SRMC first.** training@selfmanagementressource.com

Master Training for vCDSMP

Existing Active MTs

1. Facilitate one virtual workshop.
2. Take the SMRC MT virtual certification webinar.
3. You are good to go!

New MTs (have never been trained)

Potential Master Trainers must:

1. Attend a virtual participant workshop.
2. Facilitate two virtual workshops.
3. Attend a two to three session virtual master training coordinated through SMRC. We will begin offering these in the new year.
4. Return their Master Trainer certification form to SMRC.

5. Then they can train Leaders.

Existing Leaders who wish to become MTs

1. Have facilitated two virtual workshops in the past year.

2. Attend a two to three session virtual master training coordinated through SMRC. We will begin offering these in the new year.

3. Return their Master Trainer certification form to SMRC.

4. Then they can train Leaders.

Existing T-Trainers

SMRC will be using some current T-Trainers to help with Leader and Master Trainer trainings (yes you will get paid but you are not going to get rich). Once you have met the requirements for existing MTs above and then have done a virtual Leader training, let Virginia know if you are interested. virginia@selfmanagementresource.com

Recruitment

One of the things we know is that one of the best ways to recruit for this or any other virtual class is to send emails directly to potential participants with links. If you have such an email list, senior center members, churches, service clubs, health care organizations, villages, use them. If you want suggestions or help, let Kate know. kate@selfmanagementresource.com

Building Better Caregivers: Help to build the evidence

If you serve a rural area anywhere in the United States or know caregivers living in rural areas, the University of California San Francisco is conducting a study of our existing internet-based Building Better Caregivers program.   This study is for adults caring for someone with dementia (thinking problems). It is free. The VA has nationally used the program for several years. For information or to sign up for the study, go to https://caregiverproject.ucsf.edu/

Reminder: Licensed organizations can also do BBC in person or virtually, as well as other SMRC programs. Cross-training is available. If interested, contact SMRC. licensing@selfmanagementresource.com

Gathering evidence for future funding and policy

Do not forget to fill out the EBLC survey each month so that we will have the data to set future policy and also to find future funding for evidence-based programs. Every organization that offers virtual programs (ours is not the only one) should do this. Once you

have done the survey once, you will automatically get a new questionnaire to update once a month.
https://redcap.iths.org/surveys/?s=PJXAKHXW8C

Coming soon

➢ **Coming in the New Year—**We will be taking part in a national evaluation conducted by the EBLC to determine the effectiveness of SMRC programs when offered either online or with telephone and mailed tool kits.   When we have the details, we will let you know.

➢ **Coming very soon—A new updated website—**Sometime between Thanksgiving and the New Year we will have a new website.   It will look a lot like the current website but underneath it will be able to do lots of tricks that will make life much easier for all of us. For a starter, you will be able to set a new password yourself when you forget yours! As we get this new website up and running there will be a learning curve for both SMRC and you.   The good news is we think you will like it.   Stay tuned.

SMRC PROGRAMS
Modes of Delivery and Languages

Workshop	In-person	Remote/ virtual	Tool Kit	Tool Kit plus phone calls	Internet via Canary Health	Internet via Vively	Spanish	Other Languages
Chronic Disease Self-Management (CDSMP)	✓	✓	✓	✓	✓	✓	All except Canary Internet	Chinese, French Canadian, French, Italian, Hmong, Hindi, Russian, Vietnamese, Arabic, Creole-Haitian, Finnish, Danish, Samoan, Tongan, Japanese (virtual and in person)
Workplace CDSMP	✓	✓		✓			All - for Tool Kit, use CDSMP	
Diabetes Self-Management (DSMP)	✓	✓		✓			All	Chinese
Chronic Pain Self-Management (CPSMP)	✓	✓		✓			All except Tool Kit	French Canadian
Positive Self-Management (PSMP)	✓	✓					All	
Cancer Thriving and Surviving (CTS)	✓	✓					All	
Building Better Caregivers (BBC)	✓	✓			✓	✓	All	Chinese